

VITAL SIGNS



VOL I No. 4

Naval Regional Medical Center, Orlando, Florida

1 March 1979

BRAVO ZULU FROM OUR CO!

I am sure you are aware that we have recently had the marvelous opportunity to "show off" our professional endeavors to two prestigious teams of hospital evaluators, the Joint Commission on Accreditation of Hospitals and the Inspector General, Medical. I must commend the entire staff for their outstanding cooperation and for their performance of a job exceedingly well done. Of the many comments about NRMC Orlando which I have received from all members of both teams, I was most gratified by the universal acknowledgment of the warmth and friendliness

exhibited by all members of the staff. In a people-oriented enterprise such as this hospital, empathy is a hallmark of successful treatment. The TLC, which is an unwritten part of every prescription at this facility, is very much in evidence and was so perceived by the inspectors. BRAVO ZULU to you all.... in other words, WELL DONE!

VR/ [Signature]
J. A. ZIMBLE

DO YOU HAVE A BURNING DESIRE TO QUIT SMOKING?

There is a new program to help you! The Smoking Cessation Program was implemented at NRMC Orlando in January. The Commanding Officer has appointed HMCM William Calicott as the command representative smoking educator and a committee has been selected to assist him.

In the short time the Committee has been in existence, their accomplishments have been many. They have:

1. Distributed over 13,000 information packages, brochures and posters throughout NRMC.
2. Organized a Smoking Cessation Seminar held at NRMC and sponsored by the American Cancer Society. This seminar was conducted over a 4 week period and was open to all active duty, retired, their dependents and all federally employed civilians.
3. Coordinated through the Seventh Day

Adventist Church, a 5-day plan to quit smoking. This workshop will begin 12 March at NTC base theater at 1400 and each session will be for 1½ hours.

Future workshops and clinics will be established at a later date with NTC and with the City of Orlando.

The hard working committee members are: CDR Joseph Smith, LCDR Carolyn Carlton, LT Lonnie Crafton, Mrs. Betty Mullen, MM1 Joseph Huggins and HM1 David Grant.

Anyone desiring to assist in this program is asked to call HMCM Calicott at X-4307.

The Commanding Officer fully supports the Smoking Cessation Program and asks that all NRMC staff do their part in establishing a non-smoking "climate" in our medical facility.

....from the other side!

NRMC ANNEX

HM1 G. A. Coy, USN

Hello again! We missed an issue but we are back with some news "from the other side!"

Our Medical Boards Section welcomed aboard HM2 Joe Walker who just completed a four-and-a-half year tour at Subic Bay.

Female Sick Call put out the welcome mat for HM2 Selinda Dally who recently reported from NRMC New Orleans.

Congratulations are in order for ... Mr. James Matthews, known to all as "Jim the Driver." Jim recently completed the requirements for a BS degree in Business Administration. The graduation ceremony will be held sometime in June.

HM3 John and Maureen Tobin wish to extend their sincere thank you to all of the personnel at the Annex who sent cards and flowers upon the arrival of their new baby girl, "Nichoeel."

WHOOOIZZIT??



DO YOU KNOW THIS STAFF MEMBER??
(Answer on Page 8)

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WELCOME ABOARDS

From NNMI Bethesda: ENS R. M. Pfleider, MSC, USN

From NSHS San Diego: HA D. D. Straub, HR S. W. Holliday

From NRMC San Diego: HN J. T. Potts

From HCS Great Lakes: HN C. C. Reid, HR D. M. Collins, HA B. A. Herman, HA R. L. Spell

From NRMC Great Lakes: HM3 R. B. Towle

From USS AMERICA: MS2 A. M. Dorazi

From FMSS Camp Lejeune: HN R. Lugo, HA S. Raithel, HA H. R. Rothert, HN C. R. Cote

From NRMC Oakland: HM1 J. E. Craig

MARCH DEPARTURES

HM3 L. Zimmerman to AVSCOLCOM Pensacola.

HM2 S. Sturzebecker to X-Ray Repair School, Lowry AFB.

HM1 C. Turner, Jr., to MST School, Portsmouth.

MS1 H. A. Piquet to COMDESRON 26.

HM3 R. C. Dunn to X-ray Repair School, Lowry AFB.

SEPARATIONS

HM3 T. J. Abbott

HN M. T. Alford

HM3 K. S. Jordan

HM3 P. I. Avidon

MMCS G. E. Jeter to Fleet Reserve

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RAMP

PAGE!



By HA Eileen Kehoe, USN

How can we improve health care delivery?



HN Alford, Inhalation Therapy: The biggest problem here is the inadequate staffing. For a long time we had 3 techs aboard and could not do all that was expected of us. Then we got 2 more techs which enabled us to do therapy around the clock in addition to our other duties. Shortly, 2 of us will be leaving and the department will be shorthanded again.



HN Smith, Ward 4: I feel that sitting down with the patients and making them feel welcome in the hospital along with giving good patient care, especially to our geriatric patients or those who require total care, are probably major attributes to the success of this hospital.



Frances Hodges, LPN, Acute Minor Care Clinic: I would improve the communication between the various clinics and Administration in order to give patients the correct information and directions.



HM2 Draime, X-Ray: Top priority would be to get more personnel in all departments and we need more doctors. Doubling up, pulling extra duty and working long hours can cause errors. I think the workers and patients would get better care if we had more people. X-ray watch works all day, all night and the next day. They keep on taking personnel away and doing nothing to replace them.





Federal Women's Program
By Gail Wold, NRMCM's FWPM

IT'S TIME TO GO!!

I am saying "goodbye" to a great group of people and I only want to say thank you for the support you gave to the Women's Program.

The new Federal Women's Program Manager will be appointed in the very near future. The Women's Program is for your benefit and it depends a lot on input from you..... so please give your whole-hearted support to your new FWPM!

The next in-house program will be held Tuesday, 13 March at 1330 on Ward 17 in the William G. Lawson Room. Mr. Shelton Granade will be the guest speaker and his topic will be Civilian Training.

Also, don't forget there is another Captain's Call for civilian employees to be held in April. Get your questions and suggestions together.

As my days at NRMCM Orlando come to an end, I would like to express a big THANK YOU to Captain Zimble and Commander Turbiville for the many "counselling" sessions they held with me, and the suggestions they provided.

MED-WITS

CANIMUR ○ _ _ _ ○ _
CRUMAS _ _ ○ _ _ _
NUMERST _ _ ○ _ _ _
CELLIVAC _ _ ○ _ _ _
SHAPANGLE _ _ ○ _ _ _
ANSWER: ○ _ _ _ _ _ _ _ _

Clue: It acts as a lever!

(Answers on Page 8)

CO Receives Medal



Captain David S. Boyd, Center Commander, presents Captain J. A. Zimble with the Meritorious Service Medal.

Captain James A. Zimble, MC, USN, Commanding Officer of the Naval Regional Medical Center, was awarded the Meritorious Service Medal for outstanding meritorious service as Director of Clinical Services at the Naval Regional Medical Center, Long Beach, California. Captain Zimble served at Long Beach from August 1976 to July 1978.

The Citation read in part: "Captain Zimble's perseverance, inspired leadership, and professional expertise contributed significantly toward the accomplishment of the goals and objectives of the Center. As a progressive health care executive and dedicated clinician, his performance was characterized by knowledgeable enthusiasm and the highest degree of personal motivation."

*

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Family Line "QUOTES"

"God grants liberty only to those who love it, and are always ready to guard and defend it."

Daniel Webster

**NRMC****SPORTS**

By HM2 Robert G. Greene, USN

*** Basketball ***

As basketball season at NTC came to a close, it was a time for celebrating for NRMC #1. This was the second consecutive year that NRMC won the championship. They clinched the title by defeating their sister team by the score of 81-59. Leading the scoring for NRMC #1 were Maurice Shaw with 27 points and Kevin Johnson with 22 points. High scorer for NRMC #2 was Al Wright with 17 points.

We all extend our heartiest congratulations to NRMC #1 for bringing the championship back to NRMC again.

*** Golf ***

The season has just begun and NRMC is represented by three teams this year! Standings after two weeks of play show NRMC #3 in second place, NRMC #1 in ninth place and NRMC #2 in tenth place. With twenty teams competing, we are really doing great.

*** Volleyball ***

Volleyball season opens on the 5th of March and so far, we haven't had any volunteers for a NRMC team or a team from the Annex. If anyone wants to play, call HM2 Greene at X4383 as soon as possible.

*** Softball ***

The softball season has a tentative starting date of 9 April. Captain Romano has agreed to coach the NRMC #1 team and anyone interested in playing should contact him at extension 4508.

Those wishing to represent the Annex team should contact Warrant Officer Bishop at extension 4261.

New CRA Committee

The Civilian Recreation Association for NRMC has new board members. They are as follows:

Chairperson:

Joseph M. Callender, H-02, X4375

Vice Chairperson:

Shirley M. Graham, H-08, X5239

Secretary:

Joyce L. Sienia, H-39, X5322

Assistant Secretary:

Jean M. Rodarte, H-00B, X4313

Treasurer:

Joyce W. Hawkins, H-32, X4141

Employee Relations Specialist:

Joe C. Sandoval, NTC-062, X5552

Members:

Albert Larrivee, H-34, X5255

Arrie D. Barnes, H-34, X5255

Nita Dixon, NRDC-00, X4267

Larry P. Glenn, H-38, X4266

Mary D. Goad, H-11, X5396

Catherine D. Davidson, X4764

John A. White, H-32, X4269

The number one objective of the CRA Committee is to serve the civilians of NRMC. However, in order to do so, they would like to hear from you.

They would like to know what kind of activities you would like to see promoted at NRMC; what suggestions do you have to improve communications among the civilian staff; and whether or not you would be interested in recreation activities in the evening.

Contact one of the committee members and give them your ideas.

1978 Sailor of the Year

HM2 Anthony Ferguson, Patient Affairs, was selected as NRMC's Sailor of the Year for 1978. Petty Officer Ferguson was selected for outstanding performance, personal conduct, appearance, and devotion to duty.



Chaplain's

Comments

By LCDR I. O. CARTEE, CHC, USNR

THE HEART BEATS ON

You and I are living in a time of great stress. As strange as it may seem, more people are more miserable than ever before. There is more human suffering from depression alone than one can imagine. A medical authority observed that each year, in this country, it is known that four million patients take medically prescribed anti-depressants to get their mood and spirit under control, and that six million others take tranquilizers to ease their agitated mental states. Each year there are thousands of over-doses purposely taken which lead to successful suicides. There are many more thousands of unsuccessful attempts, and there are many more thousands of incidents which are never reported. All of this in a land of plenty, wealth, culture, opportunity and more abundance in every way than in any other country at any other time in the history of the world. Why? What has come over us? What has gone wrong? Some are suggesting that the reason for our dilemma is that we have lost a sense of hope. It is clear that one thing we all need more of is a sense of optimism and anticipation, but where will we look to acquire this sense of hope. I cannot suggest to you a better place to look than God. Our Churches and Synagogues through the years have called us to faith. They have told us to believe in ourselves, that God believes in us. They have inspired us and invited us to redemption. Through the years, our Churches and Synagogues have truly been a lighthouse for troubled humanity. They have offered us a religion of optimism and anticipation. Facing all of life, they have affirmed that in the midst of all our trouble, pain and confusion there can be a good outcome. There has never been proposed to men such a philosophy of life. They have dealt realistically with all of the hardships of the human condition. Triumph overcoming victory -- these words tell it like it is. They are the very essence of what faith in God is

all about. In the substance of our own faith the heart-beat of optimism and hope, freshness and newness of life can be heard. We are all invited to turn everything over to God, and in His hands realize a new source of energy, purpose and reason for being.

PIPE

NINE



HMCM J. H. PHILLIPS, USN

UPDATE YOUR DUTY PREFERENCE CARD!

How often have you heard the complaint that a naval member didn't receive the orders of choice? If this has happened, you can be assured that most of the time the root of the problem is failure to submit the Duty Preference Card. The latest statistics show that over 50% of the hospital corps, due for orders in the next 6 months, either don't have a duty preference on file or the one on file is over a year old. A big part of retention is assigning an individual in accordance with their desires. If your desires are not known, assignments are made entirely on the needs of the Navy. With 23,000 hospital corps personnel, it is impossible for detailers to call every person and ask where they would like to be stationed. Update your Duty Preference Card. Stop by the personnel office and they will be happy to assist you in submitting a new card.

First NRMC Navy Woman To Sea

HM3 Sherri L. Roberts became the first Navy Woman from NRMC to be assigned to sea duty when she departed this command on 16 February to report to the USS L. Y. SPEAR (AS-36). Sherri reenlisted under the Guard III program and sea duty was her choice for the guaranteed assignment. Norfolk is homeport.

NURSING**SERVICE**

CDR N. J. Stewart, NC, USN

PEOPLE

"Take away my people but leave my factories and soon grass will grow on the factory floors. Take away my factories but leave my people and soon we will have a new and better factory."

Andrew Carnegie

It isn't easy for a hospital to deliver high quality nursing care. It takes Doctors, Nurses and Corps people who understand why it is necessary and who really care about what happens to their patients, the hospital and the Navy.

These are the kind of people who when asked to do something, you can consider it done; whose response is: "I'll be glad to try," "I'll do my best," or "Sure, I'll be happy to."

These are the folks, wherever they are in the hospital, whether on the ward, lab, x-ray, EKG or clinics, who really make the hospital run.....who help do the job that has to be done.

You can always find a few of the gold brickers around - we all have had to deal with them at one time or another. We have heard them say "That's not my job," "I'm too busy," "Let someone else do it," "You didn't say it was an emergency," "That's not the responsibility of my department."

A hospital with sufficient, loyal, caring people can carry a few gold-brickers.... sometimes they do contribute something.... when they are forced to do so and are closely supervised. When the hospital gets busy though, they really can pull down morale and patients suffer because of them.

Someone has to care and those of you who do, are irreplaceable! We owe you every bit of respect, appreciation and praise that we can give.

Oakleaf**Auxiliary**

By Mrs. Barbara Smith

Spring is in the air!

We wish to express our appreciation to the Medical Service Corps Wives for hosting an outstanding luncheon aboard the Empress Lily at Lake Buena Vista last month.

Although it might seem difficult to believe, spring is in the air! For our March function, we have scheduled a luncheon at Mack Meiner's Cafe Society in the French Market on North Orange Avenue. Plan to join us at 11 o'clock on 8 March for a delightful entree of French Dip and a Spring fashion show sponsored by Gibbs-Louis.

In Appreciation....

Mrs. Kathryn Murray, Winter Garden, a patient on Ward 10, wanted to express her gratitude to the staff on Ward 10 for their marvelous TLC..... so she presented the ward with a beautiful 24" color TV! Pictured above is CDR Nicola Stewart, Patient Care Coordinator for the Nursing Service, accepting the TV from Mrs. Murray.

From the grapevine....

HM1 George Coy, NRMCA Annex, and HM3 Dikki Shelley, Military Personnel Service, will be married 24 March.....HA Randy Kiger, Ward 11, and Miss Debra Winder of Nevada, Missouri, plan a May wedding....HN Randy Carr, Ward 9, and HN Jan Flack, ENT, plan a double ceremony in July when they will wed the Dunbar sisters of Orlando. Randy will wed Suzanne and Jan will wed Sherri. HA Vince Paglino, Ward 9, will marry Lisa Peña, of Tampa, in August.



ASK THE SKIPPER

CAPT J. A. ZIMBLE, MC, USN



Q & A TIME

Question: "When you first arrived, most of the staff (civilians and military) had high hopes that you would be highly "visible" to the whole hospital. For some reason, this seems not to be true. Perhaps this is more of a suggestion than a question. I have spoken to many people around the hospital and all agree that you are a most capable Commanding Officer; however, they wonder why they don't see you visit their section at least once a month. An unannounced visit occasionally would make them feel that their job and their section IS important."

Answer: Thank you for the kind preamble to your suggestion. I share your concept of providing tangible evidence of my respect for all members of the staff by frequently visiting their turf. Indeed, an experienced and accomplished senior naval officer, whose valuable council I hold in high regard, has emphasized that very point. I am distressed, however, in that I thought I was following that advice. During the Christmas season, for example, I made myself visible in every nook and cranny of NRMC Orlando. I choose to think my motivation was an exercise in leadership rather than one of frank gluttony, although the facts that delicious Christmas comestibles abounded and that I subsequently suffered an uncontrolled expansion of my waistline unfortunately suggest the later. Your suggestion is most valid. It is obvious my current efforts to maintain high visibility in the various work places of this command are not enough. I shall therefore increase those efforts. Please advise me of my progress in that regard over the next few months.

Keep those cards and letters coming in!

NRMC'S NEW FWPM

The Commanding Officer is very pleased to announce the appointment of Ms Carolyn M. Smith as the new NRMC Federal Women's Program Manager. Ms Smith has been a member of the staff since May 1969 and is currently assigned to the Outpatient Service, Code 17F. You may reach her on X-5665. You will have the opportunity to meet her in person at the next In-House Program on 13 March.



THOUGHT FOR THE DAY

I shall pass through this world but once.
Any good therefore that I can do or any
kindness that I can show to any human
being,
Let me do it now. Let me not deter or
neglect it for I shall not pass this
way again.

Author Unknown

MED - WITS ANSWERS: Cranium, Sacrum,
Sternum, Clavicle, Phalanges. What acts
as a lever? CALCANEUS (heel bone!).

WHOOOZZIT?



CAPTAIN J. A. ZIMBLE,

MC, USN

COMMANDING OFFICER